

- 3 a) remote interface configured for specifying information to be
4 communicated to the individual;
- 5 b) a server connected to said remote interface, said server
6 including script program generating configured for
7 generating a script program, said script program for
8 communicating the information to be communicated to the
9 individual; [and]
- 10 c) a remotely programmable apparatus networked to said
11 server via a communication network, said remotely
12 programmable apparatus including:
- 13 i) communication device for receiving said script
14 program from said server;
- 15 ii) memory device for storing said script program;
- 16 iii) user interface configured for conveying the
17 information to be communicated to the individual, and
18 for receiving input from the individual; and
- 19 iv) processor device for executing said script program,
20 said processor device connected to said communication
21 device, to said user interface, and to said memory
22 device[.] ; and
- 23 d) at least one monitoring device in communication with said
24 remotely programmable apparatus, said at least one
25 monitoring device for providing at least one measurement of
26 a physiological parameter of the individual.

27
4. The system of claim [3]_1 , wherein said measurement is
transmitted to said remote interface device via said server.

3

1 ~~5.~~ The system of claim [3]1 , wherein said at least one monitoring
2 device is connected to said remotely programmable apparatus
3 via a cable.

4

1 ~~6.~~ The system of claim [3]1 , wherein said at least one monitoring device
2 is selected from the group consisting of a blood glucose meter, a
3 respiratory flow meter, a blood pressure cuff, an electronic weight
4 scale, and a pulse rate monitor.

5